



# EVERYTHING BAGEL CHICKEN TENDERS

with Honey Mustard, Potato Wedges & Garlicky Green Beans

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



6 oz | 12 oz  
Green Beans



1 Clove(s) | 2 Clove(s)  
Garlic



½ Cup(s) | 1 Cup(s)  
Flour  
Contains: Wheat



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 TBSP | 2 TBSP  
Everything Bagel  
Seasoning  
Contains: Sesame



1½ oz | 3 oz  
Honey Dijon  
Dressing  
Contains: Eggs



½ Cup(s) | 1 Cup(s)  
Panko  
Breadcrumbs  
Contains: Wheat



10 oz | 20 oz  
Chicken Cutlets



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*The ingredient you received may be a different color.



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



6 oz | 12 oz  
Asparagus

Calories: 900



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 880





## BUST OUT

- Baking sheet
- Paper towels
- 3 Medium bowls
- Large pan
- Whisk
- Kosher Salt
- Cooking Oil
- Black Pepper

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*



### 1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges.



### 2 ROAST POTATOES & FINISH PREP

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.**
- Roast on top rack for 10 minutes (**you'll add more to the sheet then**). (For 4 servings, spread potatoes out across entire sheet.)
- Meanwhile, trim **green beans** if necessary. Peel and mince or grate **garlic.**
- Roast potatoes for 12 minutes (**you'll add more to the sheet then**). Meanwhile, trim and discard woody bottom ends from **asparagus**. (Save green beans for another use.)



### 3 MAKE COATINGS

- Place **flour** in a medium bowl and season with **salt and pepper.**
- In a separate medium bowl, whisk together **sour cream** and **2 TBSP water** (4 TBSP water for 4 servings).
- In a third medium bowl, combine **panko** and **Everything Bagel Seasoning.**



### 4 ROAST GREEN BEANS

- Once potatoes have roasted 10 minutes, remove sheet from oven. Carefully toss **green beans** on opposite side with a **drizzle of oil, garlic, salt, and pepper.**
- Return to top rack and roast until potatoes are golden brown and green beans are lightly browned and tender, 12-15 minutes more. (For 4 servings, leave potatoes roasting; add green beans to a second baking sheet and roast on middle rack.)



### 5 COAT CHICKEN

- Pat **chicken\*** dry with paper towels: cut lengthwise into 1-inch-thick strips (**we ended up with 3-4 strips per cutlet**). Season all over with **salt and pepper.**
- Working one piece at a time, press chicken into **flour mixture** until fully coated. Gently shake off excess, then dip both sides into **sour cream mixture**. Let excess drip off, then press into **seasoned panko** until fully coated. **TIP: For less mess, use tongs to dip and transfer.**



### 6 FRY CHICKEN

- Heat a **½-inch layer of oil** in a large pan over medium-high heat. Once oil is hot enough that a **pinch of flour** sizzles when added to the pan, add **coated chicken** in an even layer (**for 4 servings, you may need to work in batches**). Cook until golden brown and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**
- Transfer chicken to a paper-towel-lined plate.



### 7 SERVE

- Divide **chicken tenders, potato wedges,** and **green beans** between plates. Serve with **honey Dijon dressing** on the side for dipping.

- Once potatoes have roasted 12 minutes, remove sheet from oven and carefully toss **asparagus** on opposite side as instructed. Roast until potatoes are golden brown and asparagus is browned and tender, 10-12 minutes more.

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\*Poultry is fully cooked when internal temperature reaches 165°.